

## Lap Swimming Rules and Etiquette - Fall 2006

1. Lap lanes are for lap swimming only. Other water exercise should be performed in the open space outside of the lap lanes when lap swimmers are waiting for a lane.
2. Lap lanes are first-come-first-serve. During peak usage it will become necessary for you to circle swim with other swimmers.
3. When entering a lane with other swimmers, notify them that you will be joining them.
4. When you enter the water, never dive, jump, or push off into oncoming swimmers. Wait until they have made the turn and pushed off.
5. Always swim complete laps of the pool. Avoid stopping in the middle of the pool for any reason; this can interfere with other's progress and cause collisions.
6. Be aware of your space in the lane and the orientation of others.
7. If you need to pass in your lane, move up to the swimmer and tap his/her foot. It is inappropriate to grab or pull the person, but a tap is a clear indication of your presence and your intent to pass. A pass must be initiated in time to over take the slower swimmer before the wall, otherwise there exists a strong potential for a collision as both swimmers attempt to turn at the same time.
8. Slower swimmers should wait to push off the wall until faster swimmers have passed (i.e. don't push off right in front of a faster swimmer who's coming into the wall about to turn, as this blocks the faster swimmer). Slower swimmers should push off almost immediately behind a faster individual or group, thus extending the time until they are lapped again and need to stop.
9. If you stop at the wall for any reason, squeeze into the corner of the lane so that other swimmers have ample room for turns.
10. Lifeguards may ask you to switch lanes. Please accommodate our requests.
11. Smile and enjoy your workout. When we work together, lap swimming can be a wonderful experience for all levels of fitness.

### Circle Swimming Information

- Circle Swimming is utilized to accommodate three or more swimmers using the whole lane; down and back on the right side of the lane.
- Circle Swimming is done by swimmers swimming in a counterclockwise direction within the lane. In other words, swimmers always stay on the right side of the lane, similar to cars on a road.
- Look at the speed of the swimmers in the lanes and select a lane that is most appropriate for you, then notify the other swimmers in that lane that you would like to join them.
- Keep to the right at all times.
- To avoid collisions only begin swimming when the other swimmers in the lane have been made aware of your presence. The best method is to get in the water and wait at the wall until the other swimmers come to you.

